Activity 1: Fitness- Learn a New Exercise Every Week! (Video Here)
   This week is RUNNING ON THE SPOT
   - High Knees
   - Jumping Jacks

Activity 2: Learn a New Soccer Move Every Week! (Video Here)
   This week is NO TOUCH STEPOVER
   - Toe Taps
   - Soccer Pendulums
   - No Touch Stepover

Skill of the Week!

Week 5: Pull Back/Drag Back (Video Here)

Send in your videos to our social media team!

Game of the Week!

Week 4: Barcelona vs Bayern: Champions League Semi-Final 2015 (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!
Instagram: @southbronxunited Facebook: https://www.facebook.com/southbronxunited/
Twitter: @sbronxunited

Please find all other soccer plans and other COVID-19 resources on our website at:
https://www.southbronxunited.org/covid19